

Adults Get Mumps Too!

And Complications Are More Common



Protect Yourself Against Mumps

MMR Vaccination The Best Way to Protect Against Mumps

- Talk to your doctor if you did not get at least 1 dose of MMR or are not sure if you were vaccinated as a child.
- **If cases of mumps are reported in your area**, you may need another dose of MMR. Public health officials will tell you if it is recommended that you get another dose.

Mumps Can Be Serious

Mumps can cause complications, including **swelling** of the **testicles** and **ovaries**. Some people who got vaccinated may still get mumps, but the symptoms are less severe.

What is Mumps?

Mumps is a disease best known for **puffy cheeks** and a **swollen jaw**.

If you have symptoms of mumps, call your doctor and stay away from others for 5 days.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, visit
www.cdc.gov/mumps